

Worksite Wellness Mini Grants

Spring – Summer 2025

The Vermont Department of Health (VDH) is partnering with local employers to adopt health-promoting strategies in the workplace through Worksite Wellness Mini Grants.

Employers can partner with a local VDH Chronic Disease Designee (CDD) for up to \$2000 to be used toward policies, systems, and/or environmental (PSE) changes in the workplace.

Read this overview to understand how to connect with your local CDD about these grants, the timeline for submitting projects and purchase requests, and other requirements for use of the funds. If you need help accessing or understanding this information, the CDD in your local area is Valerie Valcour RN valerie.valcour@vermont.gov | 802-888-1351

Learn about Worksite Wellness at: [Worksite Wellness | Vermont Department of Health](#)

About Mini Grants



- Supported by federal funds provided to the VDH.
- Fund small workplace projects with a short timeline.
- Require collaboration between a local CDD and employer.
- Support PSE changes in worksites.
- Examples of eligible items are listed below.

Instructions



Mini Grant Proposal: March – August 2025

- Connect with your local CDD to discuss ideas and begin to document a project and proposed budget.
- In collaboration with the CDD, submit a proposal to the VDH for review no later than **July 31, 2025**. Purchase requests cannot be made after August 15, 2025. Required information includes
 - A link/URL or other reference to the item being purchased
 - How many of each item need to be purchased
 - Shipping information



HealthVermont.gov
802-863-7200



- The employer and CDD will be notified when the proposal is approved. The VDH reviews to ensure the details above have been included and for cost effectiveness.
- Proposed work and purchases can begin once approved.

Summary Report due September 2025

- Employers applying for Mini Grants are also asked to share a short final summary of their efforts by **September 30, 2025**.
- Summaries should share what policies, systems, and/or environmental strategies were adopted to improve worksite wellness, and as able, a photo or other example of how the workplace strategy was adopted (ex: picnic table outside of a workplace).

Examples of Eligible Items

Connect with your local CDD around ideas you may have. Items and activities that Worksite Wellness Mini Grant funds can be used for include but are not limited to



Physical Activity and Movement

- Weights, yoga mats, foam rollers, standing desks, walking pads
- Sun safety, bike racks, reflective vests, headlamps, mosquito nets



Nutrition

- Mini fridge or freezer, blender, microwave lunch boxes, tote bags
- Community garden supplies, picnic table, microwave, outdoor handwashing station



Family Friendly

- Breastfeeding friendly employer supplies
- Baby bottles, sound machine, pack-n-play, comfortable chairs



Mental Health

- Sound cancelling headphones, speakers for music, soft lighting
- Trainings for managers on how to support employees (ex: burnout prevention), classes for employees on mindfulness/meditation